2019-2020 Mentor Information Session

The Thompson Scholars Learning Community will open the application process for the Thompson Scholar Mentor positions for 2019-2020 on December 3rd, 2018. The mentor positions will be open to Thompson Scholars who will be enrolled full-time at UNK during Fall 2019 and Spring 2020 (12+ credit hours) and have obtained sophomore academic status (more than 27 credit hours completed) by end of Summer 2019. At the time of application, preference for interviews will be given to students who have earned at least a 3.0 cumulative GPA; applicants who have earned below a 3.0 cumulative GPA may not receive full consideration for an interview. The TSLC mentor position has a time commitment of approximately 10 hours per week, and is a great way to give back to the community while building skills in communication, leadership, and time management. Planned compensation for the mentor position includes a double room and board waiver for Mantor Hall and the Loper Meal Plan for the 2019-2020 academic year.

A TSLC mentor informational session will be held for interested students on Wednesday, November 28th at 4:00 PM in the Mantor Seminar Room. Scotty Seeba, TSLC Associate Director and mentor supervisor, will present a brief overview of the position, as well as answer student questions. Students who are unable to attend the mentor informational session, but who want to know more about the application and hiring process can email Scotty at seebash@unk.edu to set up an individual meeting.

Beginning December 3rd, students who are interested in applying can email Scotty (seebash@unk.edu) to receive the application materials and instructions for securing recommendations. Applications and recommendations are due by Friday, February 1st, 2019 at 5PM to receive full consideration.

Thompson Scholars United (TSU) Volunteer Opportunity

Come help TSU volunteers clean The Archway on November 14th from 3:00-5:00 PM. We will be meeting at 2:40 PM outside by the UNK football field to carpool to The Archway. Email unktusu@gmail.com if you are interested in volunteering. We can't wait to see you!

Upcoming Events:

Sunday, November 18th - Thursday, November 22nd
No TSLC Study Hours due to Thanksgiving Break.

November 21st-23rd:
UNK Thanksgiving Break- No Classes. UNK offices are also closed November 22nd and 23rd.

Wednesday, November 28th:
2019-2020 TSLC Mentor Information Session at 4:00 PM in the Mantor Seminar Room.

Sunday, December 2nd:
2nd-Year Thompson Scholars and Fall 2018 transfer students must complete three Financial Avenue courses online by 11:59 PM. Courses required are Psychology of Money, Foundations of Money, and Earning Money.

Wednesday, December 5th:
TSLC Bowling for 1st-Year Thompson Scholars at The Big Apple Fun Center in Kearney from 7:00-9:00 PM.

December 10th-13th:
UNK Finals Week.

December 13th:
UNK TSLC Graduation Reception From 1:30-2:30 PM in the Nebraskan Student Union in the Antelope Room. All Thompson Scholars are invited to come celebrate our December graduates!

Friday, December 14th:
UNK Winter Commencement Ceremony at 10:00 AM in the UNK Health and Sports Center.
Preventing for Thanksgiving Break

Thanksgiving Break is a great opportunity for students to possibly get some extra rest and recharge their batteries to finish the semester strong. Three weekdays out of classes is the longest academic break of this semester.

UNK has classes on Monday and Tuesday of Thanksgiving week. Do not assume it’s okay to miss those days of classes; be sure to check your syllabus for attendance policies for each of your courses. Also, know that Thanksgiving break does not guarantee a “break” from homework; be sure to pack whatever books and academic supplies you need to take with you. As the break draws near, be sure to pay attention to weather reports, so that you can plan accordingly for travel. Remember to check your tire pressure and make sure your vehicle has enough gas to get you to your destination. Make sure you have tools such as a scraper and brush at your reach inside the car for winter weather. If someone else is giving you a ride, be sure to chip in for gas expenses. While you are on break, you might also consider these tips to help you enjoy your break and come back ready for the end of the semester:

Do:
• Plan to relax with enjoyable activities with family members, if you will be spending time with family over break
• Visit with your family members/guardians about their expectations for time together over break; clearly communicate about the time needed for your academics
• Make time to do whatever homework must be done and do it well
• Connect with friends by spending quality time together

Don’t:
• Sleep away the whole break
• Assume nothing has changed at home while you have been gone
• Put off homework that will make you more stressed when you return
• Forget to pack your winter outerwear & clothes to bring back to campus

Most importantly, remember that after you return to campus you have only two weeks of classes and then finals week to wrap up your semester. We hope you have a safe and enjoyable Thanksgiving Break!

UNK Student Counseling provides many online resources to help students cope with stress:  http://www.unk.edu/offices/counseling_healthcare/counseling_care/coping.php

In addition to the resources on their website, they offer some basic tips for stress management when feeling overwhelmed:

1. Unplug
2. Quiet your mind
3. Take care of your body
4. Reach out to your support system
5. Practice self-compassion
6. Use phone apps for coping

Students can integrate these ideas into daily life as they finish the term. If students need help at UNK for managing stress, they can reach out UNK Student Health and Counseling, or to peers, faculty, or staff members for support. The TSLC team is here to listen or help you connect with needed resources as well. The end of the term is naturally stressful for students; remember, this level of academic pressure only happens once each semester and it will pass.

Student of the Week

Name: Zachary Ochsner
Hometown: North Platte, NE
Major: Music Education

What is the best part about being a Thompson Scholar? I think the best part about being a Thompson Scholar is the people I have met and the connections I have made!

What would you like to be doing in twenty years? In 20 years, I would like to be working in a middle school or high school as a choral director.

If you could time-travel, where would you go? I would go back to the 1940’s so I could see shows from the Golden Age of Broadway.

What do you binge-watch? Recently I have been watching a lot of Jane the Virgin.

What is the most incredible item or exhibit you have ever seen in a museum? When I was in Washington D.C. I got to go to the Museum of American History and see Julia Child’s kitchen.

What would you be willing to wait in a really long line for? I would, without a doubt, wait in line to get tickets to a Broadway show.

If you had your own talk show, whom would you want to interview? I would probably interview Bernadette Peters and ask her about her Broadway and film career.

What are you obsessed with? I’m obsessed with cooking, I love to make everything from cupcakes to goulash.

What are you grateful for? I’m grateful for the friends I’ve made in college and my family at home supporting me.